

**Course Code:** NUR 257**Course Title:** Population Health Nursing**Department:** Nursing**Effective Date:** Summer 2026**PCS Code:** 1.2 - Occupational/Technical Instruction**CIP Code:** 51.3801**Repeatability:** 0

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## Credit Hours

**Catalog Notation:** 2-3-3**Credit Hour Distribution:**

Lecture: 2

Lab: 0

Clinical: 3

**Total: 3**

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## General Course Information

### Catalog Description

Explores the management of individuals and groups in community settings. Select emphasis on gerontologic population.

### General Course Objectives

Upon completion of this course, the student will be able to systematically describe the aging process and its manifestations in the elderly with attendant nursing assessments and interventions to prevent pathology and maintain function, to recognize end stage disease processes and participate in symptom management and psychosocial support of patients and families at end of life, to delineate health promotion and disease prevention community nursing activities, to understand global and national health care system influences on individual practice, and to participate in care of individuals in the community. The student will be able to identify community resources for health care and to demonstrate practice in the community setting. Students will also obtain a set of knowledge, skills, and abilities for the successful preparation to sit for the NCLEX-RN licensing exam.

### Minimum Placement Levels

| English                  | Reading                  | Math |
|--------------------------|--------------------------|------|
| Placement out of ENG 099 | Placement out of CCS 099 | None |

### Prerequisites

Credit in NUR 236, NUR 238, and NUR 255

Credit or concurrent enrollment in NUR 215, NUR 258, ENG 102, and SOC 101

Admission into the Nursing program

## Methods of Evaluation

4-6 quizzes, 1 midterm exam, and 1 final exam. 1 Community Assessment assignment. 1 group presentation. 1 Kaplan assessment. Participation and clinical competency as defined by the program's Core Components and Competencies.

## Instructional Materials and Additional Supplies

Community and Public Health Nursing: Evidence for Practice, DeMarco and Healey-Walsh. Fourth Edition.

Brunner and Suddarth's Textbook of Medical-Surgical Nursing, Hinkle, J. L. and Cheever, K. H. 15th edition (2018). Philadelphia, PA: Wolters Kluwer via Coursepoint Plus.

Publications and electronic media from Center for Disease Control and Prevention (CDC), <https://www.cdc.gov/>

## Course Content

### General Learning Outcomes (GLOs)

- Communication: Students will demonstrate the ability to read, write, listen, and speak effectively.
- Critical Thinking and Information Literacy: Students will demonstrate the ability to evaluate perspectives, evidence, and implications, and to locate, assess, and use information effectively.
- Global Awareness and Cultural Reasoning: Students will demonstrate their understanding of global issues, gender and sexual orientation, and multicultural perspectives.

### Course Segments and Student Learning Outcomes

| Course Segment                                                                                                                                                                                                                                                                                                                                                                                                        | Learning Outcomes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Lecture Hours | Lab Hours | Clinical Hours |
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| Introduction to Course:<br>Community health resources and models; history of community nursing, present and future overview; Nursing roles and practice settings; student safety in the community; elder abuse and neglect; fall risk prevention in the community setting; community resources for clients                                                                                                            | <ol style="list-style-type: none"><li>1. Describe population health and populations.</li><li>2. Delineate nursing roles and practice settings in the community.</li><li>3. Practice safety measures when participating in clinical experiences.</li><li>4. Recognize and report elder abuse and neglect.</li><li>5. Assess fall risk for clients and intervene to reduce risk.</li><li>6. Describe the community and national agencies available to the elderly client for health promotion, maintenance, and care.</li><li>7. Explore values and decision making.</li></ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 2             | 0         | 3              |
| Community Based Nursing<br>Care of Adults and Older Adults: Theories of aging; normal age-related physiological changes; nursing assessment and intervention to prevent pathology related to normal changes; psychological and sociological changes related to aging; medication use in older adults; end stage disease processes and symptom management; care of the dying patient and family; grief and bereavement | <ol style="list-style-type: none"><li>1. Describe health promotion activities the community health nurse can adopt to positively influence the health of their adult and older adult clients.</li><li>2. Discuss screening and immunization guidelines for the adult and older adult.</li><li>3. Discuss basic components of a healthy diet and strategies to maintain this diet for the older adult.</li><li>4. Describe concerns with obesity both in the older adult and as a community health problem, and identify nursing interventions to manage the care of this population.</li><li>5. Describe developmental stages and tasks common to older adulthood.</li><li>6. Describe normal, age-related physiological changes in the older adult.</li><li>7. Describe how these normal changes may put the elderly client at risk for disease states, differentiate between normal and pathological changes via case studies and clinical situations, and apply the nursing process to reduce the risk of pathology.</li><li>8. Identify issues with medication use in older clients.</li></ol> | 10            | 0         | 15             |

| Course Segment                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Learning Outcomes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Lecture Hours | Lab Hours | Clinical Hours |
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| Community Based Nursing<br>Care of Adults and Older Adults: Theories of aging; normal age-related physiological changes; nursing assessment and intervention to prevent pathology related to normal changes; psychological and sociological changes related to aging; medication use in older adults; end stage disease processes and symptom management; care of the dying patient and family; grief and bereavement (cont'd)                                                                                                                                                                                                   | 9. Differentiate between dementia, delirium, and depression. Assess specific functional behaviors of the older adult.<br>10. Participate in experiential exercise of normal age-related physiological changes.<br>11. Apply principles/techniques of health education and crisis intervention to provide care to the elderly.<br>12. Evaluate outcomes based on continued independence and wellness.<br>13. Collaborate with multidisciplinary caregivers to provide comprehensive care using available community resources.<br>14. Recognize laws that protect the frail elderly and regulate care.<br>15. Identify methods to care for the dying patient and family including grief and bereavement.<br>16. Apply ethical principles to discuss ethical dilemmas commonly found in health care.<br>17. Identify characteristics of specific end stage disease processes and apply nursing interventions for management.<br>18. Apply the nursing process to assess and manage pain and other symptoms in a patient at end of life.<br>19. Explain what to expect as a patient is dying, anticipated symptoms and their management, and patient and family teaching.<br>20. Identify hospital discharge options for patients experiencing end stage illness.<br>21. Define hospice and palliative care.<br>22. Identify decision-making for health care, including priority issues and who has the right to make decisions.<br>23. Explain the different types of grief and the dynamics of the grieving process.<br>24. Recognize and demonstrate the need for self awareness and care in nursing the terminally ill. |               |           |                |
| Cultural Competence: Awareness, sensitivity, and respect for all ethnic backgrounds; review of self-awareness, health disparities, social determinants of health, and marginalized populations with emphasis on prison population, veterans, LGBT, and the homeless; culturally competent care, school health nursing and underserved populations; learning healthcare advocacy in ethnic and marginalized patients; questioning implicit bias and establishing a trusting relationship with the patient, family, and health care team; identifying strategies to minimize health disparities and protect vulnerable populations | 1. Define culture and related concepts.<br>2. Identify cultural groups at risk for inadequate health care.<br>3. Comprehend elements of self-awareness of personal cultural biases and strategies for the nurse to provide culturally competent care.<br>4. Discuss specific cultural practices to be aware of that may affect the client's response to illness and nursing care; consider communication barriers in the nursing plan of care and patient/family teaching, and identify strategies to overcome these barriers.<br>5. Demonstrate increasingly culturally sensitive nursing care in the clinical setting.<br>6. Identify factors that constitute social determinants of health.<br>7. Describe how social determinants of health influence health outcomes.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 4             | 0         | 6              |

| Course Segment                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Learning Outcomes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Lecture Hours | Lab Hours | Clinical Hours |
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| Heath Policy, Politics and Reform: Frameworks for health promotion, disease prevention, and risk reduction; Community Assessment; overview of the U.S. health care delivery system and how nursing care is influenced by payor sources; access to care issues; broad perspective on global health issues; epidemiology in community health nursing; community-acquired infections; role of Public Health; sexually transmitted infections; environmental health; poisoning; emergency and mass casualty nursing | <ol style="list-style-type: none"> <li>1. Describe the structure of the health care system in the United States in terms of the public and private sectors.</li> <li>2. Discuss ways in which health care is financed in the United States, including Medicare A, B, and D, Medicaid, as well as other private third party payers and how nursing care is affected.</li> <li>3. Identify elements of the high cost of health care in this country and strategies that individual nurses may employ to reduce costs.</li> <li>4. Define incidence, prevalence, and mortality rates and calculate given appropriate data. Apply knowledge of what determines disease causality to specific health situations.</li> <li>5. Discuss common sexually transmitted infections, including causative agents and symptoms.</li> <li>6. Discuss prevention of sexually transmitted infections and nursing interventions in providing care.</li> <li>7. Define potential environmental threats related to housing and living conditions, air pollution, water pollution, food quality, radiation, and solid waste.</li> <li>8. Discuss primary, secondary, and tertiary prevention strategies for these environmental threats.</li> <li>9. Discuss current trends in inpatient infectious disease agents and prevention of spread.</li> <li>10. Discuss current trends in community-associated illnesses and prevention and treatment.</li> <li>11. Define bioterrorism and discuss agents that are likely to be used.</li> <li>12. Discuss public health issues related to bioterrorism.</li> <li>13. Define nursing and public health in relation to a pandemic event.</li> <li>14. Discuss nursing assessment, intervention, and evaluation in women's health issues including diseases of the breast and menopause.</li> </ol> | 14            | 0         | 21             |

#### Total Contact Hours

| Lecture Hours | Lab Hours | Clinical Hours |
|---------------|-----------|----------------|
| 30            | 0         | 45             |